



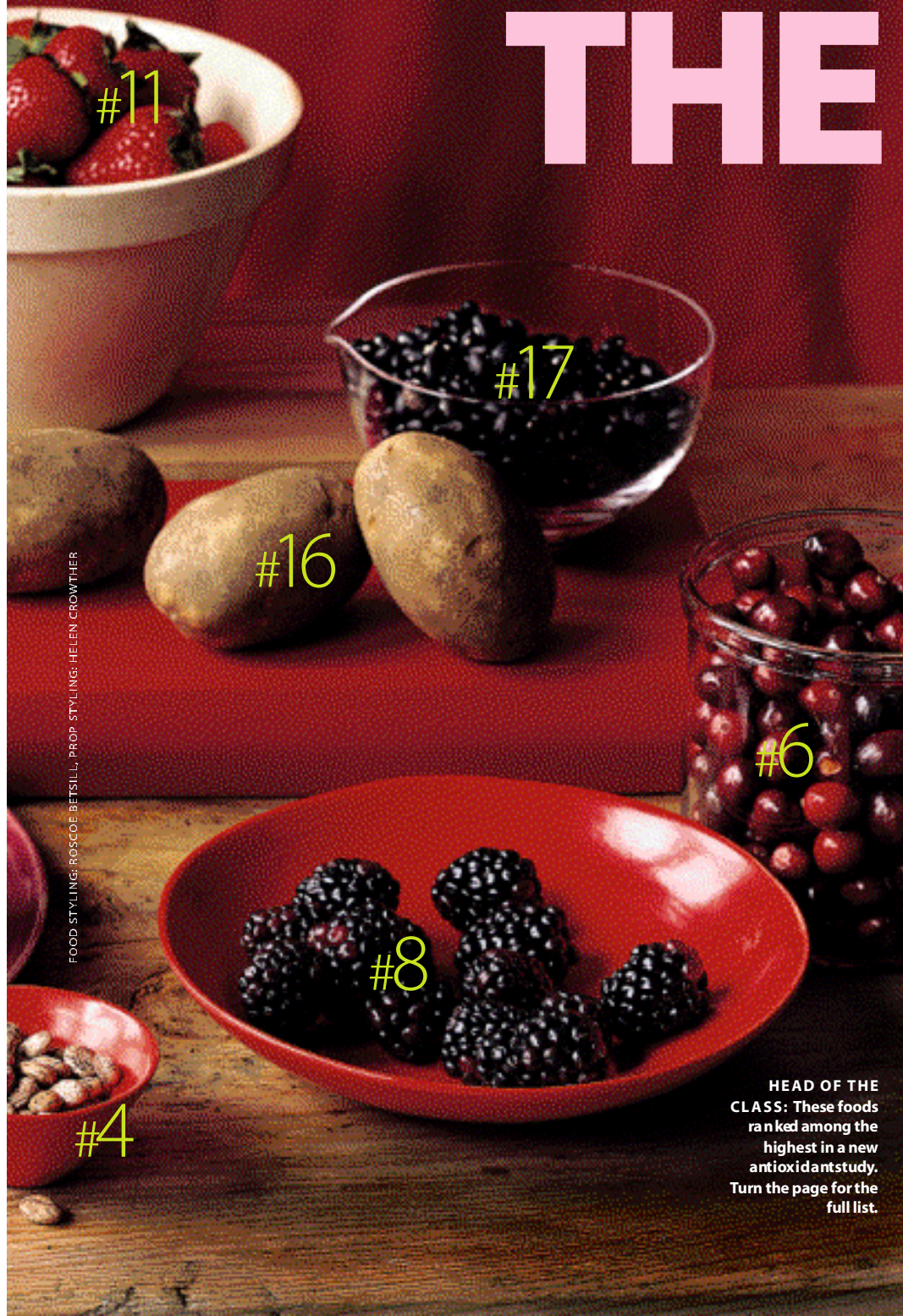
BY MAUREEN CALLAHAN, MS, RD
PHOTOGRAPHY BY BEATRIZ DACOSTA

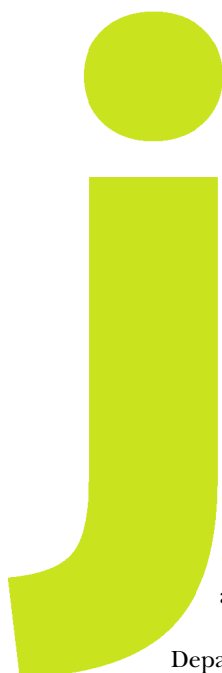
THE HOT LIST

20 POWER
FOODS
YOU
SHOULD
EAT
NOW—
AND A
WEEK'S
WORTH
OF
WAYS
TO
ENJOY
THEM.

HEAD OF THE
CLASS: These foods
ranked among the
highest in a new
antioxidant study.
Turn the page for the
full list.

FOOD STYLING: ROSCOE BETSILL, PROP STYLING: HELEN CROWTHER





JUDGING BY THE STUDIES coming out of the world's nutrition labs over the past several years, about the only place you won't find antioxidants these days is in a pack of Twinkies. From the lime juice in your mojito to the chocolate in your *pots de crème*, these magic molecules that help guard your system against assault show up at every course, from cocktail hour right through dessert.

And now, government scientists have released a list of the 20 foods (below) with the highest concentrations of these food phenoms, so you can compare apples to oranges—or, in this case, pecans to berries.

To come up with the ranking, researchers with the U.S. Department of Agriculture (USDA) extracted the antioxidants from 100 common foods using special solvents, then ran them through a device that uses fluorescent light to monitor a chemical reaction that measures antioxidant activity. Researchers took the resulting numbers—what they call the total antioxidant capacity (TAC)—and compared them.

Sounds pretty scientific to us. But you don't have to put your diet under a microscope to reap the benefits of the top 20. Rather than zeroing in on a particular food because it happened to score high, use the list to help you put a little variety on your plate, says lead researcher and chemist Ronald L. Prior, PhD.

That's what we had in mind when we developed a week's worth of menus that show how you can incorporate these antioxidant Incredible into your diet. Now, even though research suggests that antioxidants can help prevent heart disease and certain cancers, as well as keep your eyes, mind, and immune system sharp, their importance hasn't eclipsed other nutrients like vitamins and minerals, fiber, good fats, and such. By happy coincidence, though, many foods high in antioxidants (produce and nuts, especially) also rate high in these other areas. And it's conceivable that there are even more antioxidant powerhouses yet to be discovered. But we aren't betting on the Twinkies.



TOP TWENTY

CONSIDER THIS YOUR SHOPPING LIST OF POWER FOODS, BASED ON THEIR TOTAL ANTIOXIDANT CAPACITY (TAC) PER SERVING (1 PIECE FRUIT/POTATO, 1/2 CUP BEANS/DRIED FRUIT, 1 CUP BERRIES/ARTICHOKE HEARTS, 1 OUNCE NUTS).

FOOD	TAC
1 Small Red Beans	13,727
2 Wild Blueberries	13,427
3 (Red) Kidney Beans	13,259
4 Pinto Beans	11,864
5 Cultivated Blueberries	9,019
6 Cranberries	8,983
7 Artichokes	7,904
8 Blackberries	7,701
9 Dried Plums (Prunes)	7,291
10 Raspberries	6,058
11 Strawberries	5,938
12 Red Delicious/ Granny Smith Apple	5,600
13 Pecans	5,095
14 Sweet Cherries	4,873
15 Black Plums	4,844
16 Russet Potato	4,649
17 Black Beans	4,181
18 Plums	4,118
19 Gala Apple	3,903
20 Walnuts	3,846



Lemon-Blackberry Parfait

MONDAY

BREAKFAST

- 1 whole wheat English muffin
- 2 tablespoons peanut butter or almond butter
- 1 large banana
- 1 cup 1% low-fat milk

LUNCH

- * Shrimp-Artichoke Salad (recipe on page 194)
- 1 (8-inch) whole wheat tortilla
- 1 sliced plum or heirloom tomato

AFTERNOON SNACK

- 1 cup sliced strawberries
- dizzled with 2 tablespoons vanilla low-fat yogurt

DINNER

- 1 (5-ounce) pan-seared filet mignon
- 1 medium baked sweet potato
- 1 cup steamed spinach
- * Lemon-Blackberry Parfait (below)

TOTAL: 1,826 calories; 32% fat

LEMON-BLACKBERRY PARFAIT

Total Antioxidant Capacity: 5,776

Prep: 10 minutes (plus 20 minutes for freezing)

Blackberries and lemon rind add an antioxidant kick to this basic dessert.

- 1 tablespoon grated lemon rind
- 3 cups vanilla reduced-fat ice cream (such as Healthy Choice), softened slightly
- 2 (6-ounce) containers fresh blackberries, rinsed and drained
- 4 amaretti cookies, crushed

1. Stir lemon rind into ice cream until well-blended. Cover ice cream, and return to freezer 20 minutes or until almost firm.

2. To assemble parfait, reserve 4 berries for garnish. Remove ice cream from freezer.

3. Distribute half of remaining berries evenly into the bottoms of four parfait glasses. Distribute half of crushed cookies among the glasses.

4. Distribute half of ice cream among the glasses. Repeat layers, starting with berries and ending with ice cream. Top with reserved berries. Yield: 4 servings (serving size: 1 parfait).

Calories 237 (13% from fat); Fat 3g (sat 2g, mono 0g, poly 0g); Cholesterol 8mg; Protein 5g; Carbohydrate 46g; Sugars 41g; Fiber 6g; Iron 0mg; Sodium 74mg; Calcium 178mg

TUESDAY

BREAKFAST

- 1 (8-ounce) carton raspberry low-fat yogurt
- 1 cup fresh raspberries
- 1/4 cup sliced almonds, toasted
- 1/4 cup low-fat granola without raisins (such as Kellogg's)

LUNCH

- * Artichoke, Goat Cheese, and Potato Omelet (below)
- Arugula and sliced mushroom salad (2 1/2 cups) with 1 tablespoon fat-free vinaigrette
- 1 cup cubed peeled cantaloupe

MID-AFTERNOON SNACK

- 1 1/2 cups baby carrots
- 1/3 cup hummus

DINNER

- * Red Bean and Poblano Chili (recipe on page 194)
- 1 small square cornbread
- 1/4 cup sliced peeled avocado
- * Glazed Plums (below right)

TOTAL: 1,801 calories; 35% fat

ARTICHOKE, GOAT CHEESE, AND POTATO OMELET

Total Antioxidant Capacity: 2,247

Prep: 20 minutes Cook: 22 minutes

Russet potatoes and artichoke hearts both made the top 20 list. Oregano ranked as one of the highest in the spice rack.

- 1 small unpeeled Russet potato
- 1 teaspoon olive oil, divided
- 1/4 cup chopped onion
- 2 tablespoons finely chopped red bell pepper
- 4 drained canned artichoke hearts, coarsely chopped
- 1 teaspoon chopped fresh or 1/4 teaspoon dried oregano
- 1/4 teaspoon salt, divided
- 1/4 teaspoon freshly ground black pepper, divided
- 4 large egg whites
- 2 large eggs
- 1/4 cup (1 ounce) crumbled goat cheese

1. Pierce potato with a fork, and arrange on paper towel in microwave oven. Microwave on HIGH 3 minutes or until done, turning potato after

1 1/2 minutes. Let stand 5 minutes. Peel and coarsely chop potato.

2. Heat 1/2 teaspoon olive oil in a small nonstick skillet over medium-high heat. Add onion, bell pepper, and potato; sauté 3 minutes or until tender. Add artichoke; cook 2 minutes. Add oregano, 1/8 teaspoon salt, and 1/8 teaspoon black pepper. Remove from heat, and set aside.

3. Combine egg whites, whole eggs, 1/8 teaspoon salt, and 1/8 teaspoon pepper in a small bowl; stir with a whisk.

4. Heat a small nonstick skillet over medium-high heat. Add 1/4 teaspoon olive oil and half of egg mixture, and cook until edges begin to set (about 2 minutes). Lift edges of omelet with a spatula, tilting pan to allow uncooked egg mixture to come in contact with pan. Cook 2 minutes or until set. Spoon half of potato mixture onto

half of omelet; sprinkle with half of crumbled goat cheese. Loosen omelet with spatula; fold in half. Cook 2 minutes. Repeat procedure with 1/4 teaspoon olive oil, egg mixture, and potato mixture. Yield: 2 servings (serving size: 1 omelet).

Calories 264 (36% from fat); Fat 10g (sat 4g, mono 4g, poly 1g); Cholesterol 218mg; Protein 20g; Carbohydrate 21g; Sugars 3g; Fiber 2g; Iron 3mg; Sodium 512mg; Calcium 71mg

GLAZED PLUMS

super simple

Combine 1 teaspoon honey, 1/8 teaspoon cinnamon, and 1/8 teaspoon cloves in an ovenproof skillet on medium heat. Place halved, pitted plums flesh-side down into honey mixture; stir until well-coated. Turn plums flesh-side up. Place skillet into oven under heated broiler; broil until soft. Slice plums; serve over 1/2 cup vanilla reduced-fat ice cream.



Artichoke, Goat Cheese, and Potato Omelet

WEDNESDAY

BREAKFAST

- 1 1/2 cups wheat bran flakes cereal (such as Bran Flakes)
- 1 cup fresh blueberries
- 2 tablespoons pecans, toasted
- 1 cup 1% low-fat milk

LUNCH

- * Mixed Green Salad With Prunes and Toasted Pecans (right)
- 1 grilled skinless, boneless chicken-breast half
- 2 tangerines

AFTERNOON SNACK

- 1 cup seedless red or green grapes
- 1/2 cup (2 ounces) cheddar cheese

DINNER

- * Black-Bean Burgers (below right)
- 1 1/2 ounces baked potato chips (about 1 1/2 cups)
- 2 dill pickle spears

TOTAL: 1,803 calories; 30% fat

MIXED GREEN SALAD WITH DRIED PLUMS AND TOASTED PECANS

Total Antioxidant Capacity: 9,839

Prep: 15 minutes

Since both prunes and pecans are antioxidant-rich, this salad offers a double punch. The sweet prunes balance the bitter flavor of escarole.

- 1 teaspoon sherry vinegar
- 1 teaspoon honey
- 1/4 teaspoon Dijon mustard
- 1 tablespoon olive oil
- 1 tablespoon minced shallots
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 2 cups chopped escarole
- 2 cups chopped romaine lettuce
- 1 cup pitted prunes, chopped
- 1/4 cup chopped pecans, toasted

1. To prepare dressing, combine sherry vinegar, honey, and Dijon mustard in a small bowl; stir with a whisk. Gradually add olive oil, stirring with a whisk until blended. Add shallots, salt, and freshly ground black pepper; set aside.

2. Combine escarole and romaine lettuce in a large bowl. Add prunes and pecans, and toss well. Pour vinaigrette over salad; toss gently to coat. Serve immediately. Yield: 2 servings (serving size: 3 cups).

Calories 225 (37% from fat); Fat 18g (sat 2g, mono 11g, poly 4g); Cholesterol 0mg; Protein 5g; Carbohydrate 64g; Sugars 37g; Fiber 10g; Iron 2mg; Sodium 174mg; Calcium 96mg

BLACK-BEAN BURGERS

super simple

Black beans, a Mexican staple, ranked 17th on the USDA's list. For this easy supper, layer prepared black-bean burgers (we like Morningstar Farms' spicy variety) on a toasted (2-ounce) whole-grain roll along with lettuce, tomato, sliced red onion, and ketchup mixed with minced chipotle chile to give it even more of a kick.

[How about the rest of the week? See page 188 for more menus and recipes.]



Mixed Green Salad With Dried Plums and Toasted Pecans

THURSDAY

BREAKFAST

- 2 small bran-raisin muffins
- * Very Blueberry Smoothie (below right)

LUNCH

Chef Salad: Combine 2 cups shredded romaine lettuce, 1 chopped hard-cooked large egg, 1/2 cup diced reduced-fat Swiss cheese, 1/4 cup chopped ham, and 2 tablespoons light ranch dressing. 2 large plums

MID-AFTERNOON SNACK

- 1/2 Granny Smith apple
- 2 tablespoons dry-roasted peanuts

DINNER

- * Three-Apple Chicken Salad (right)
- 1 (2.5-ounce) whole-grain baguette
- 1 teaspoon butter
- 1/2 peeled ripe mango
- 1 kiwifruit

TOTAL: 1,794 calories; 33% fat

THREE-APPLE CHICKEN SALAD

Total Antioxidant Capacity: 3,300

Prep: 25 minutes (plus 30 minutes for chilling)

Cook: 25 minutes

Three different apple varieties and pecans pump up the antioxidants in this tasty salad.

- 4 (4-ounce) skinless, boneless chicken-breast halves
- 3/4 cup diced Gala apple (about 1/4 pound)
- 3/4 cup diced Red Delicious apple (about 1/4 pound)
- 1/2 cup diced Granny Smith apple (about 3 ounces)
- 1/2 cup thinly sliced celery
- 3 tablespoons chopped pecans, toasted
- 1/4 cup light mayonnaise
- 2 tablespoons reduced-fat sour cream
- 1 1/2 teaspoons stone-ground mustard
- 1 teaspoon minced fresh or 1/2 teaspoon dried tarragon
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground pepper

1. Place chicken in a small saucepan and cover with water; bring to a boil. Cover, remove from heat, and let stand 15 minutes. Drain, cool, and coarsely chop chicken.

2. Combine chicken, apples, celery, and pecans in bowl; toss gently to coat.

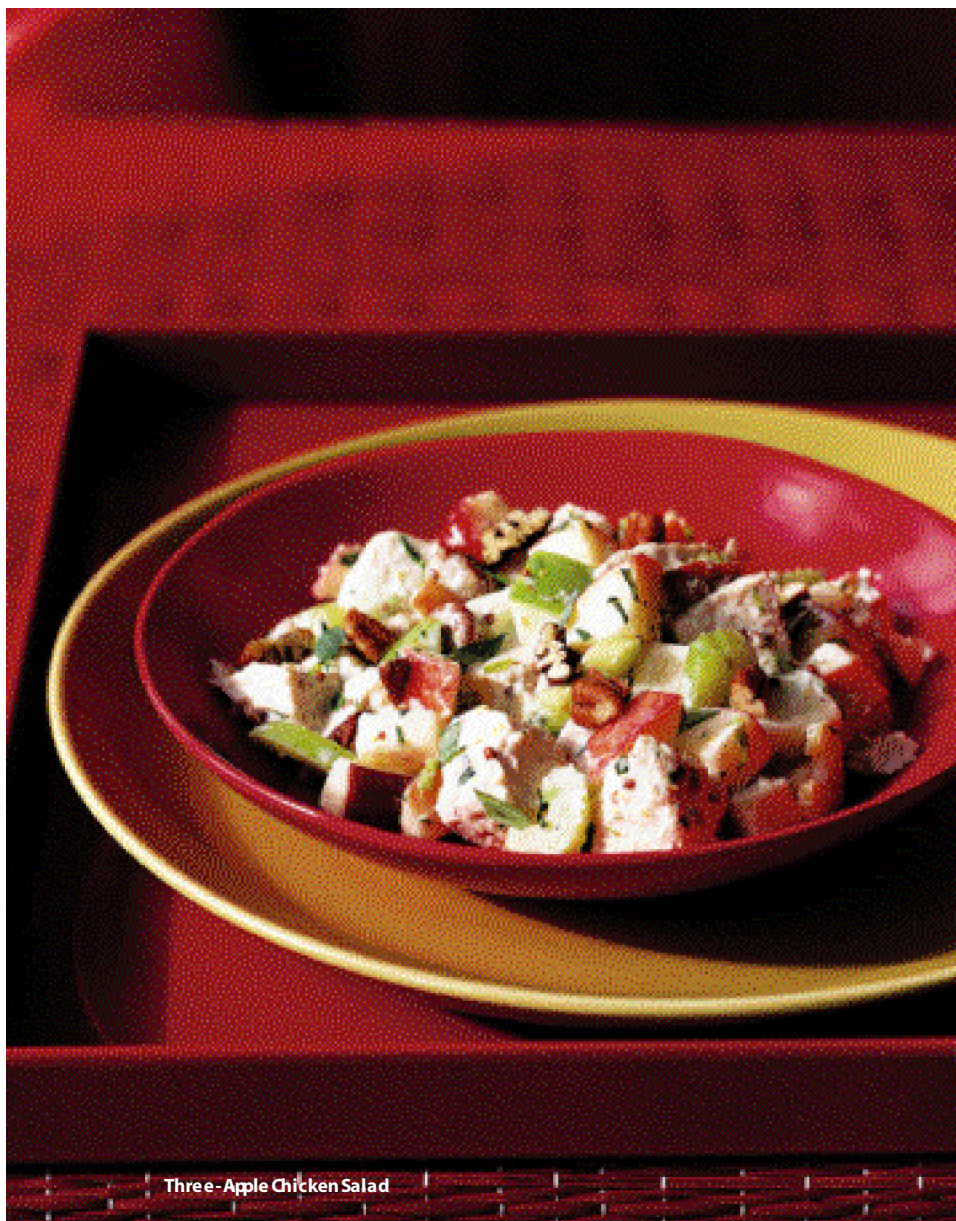
3. Whisk together mayonnaise, sour cream, mustard, tarragon, salt, and pepper. Pour dressing over chicken mixture; toss gently to coat. Cover; chill at least 30 minutes. Yield: 4 servings (serving size: about 1 cup).

Calories 246 (42% from fat); Fat 12g (sat 2g, mono 4g, poly 5g); Cholesterol 68mg; Protein 24g; Carbohydrate 13g; Sugars 8g; Fiber 2g; Iron 1mg; Sodium 287mg; Calcium 26mg

VERY BLUEBERRY SMOOTHIE

super simple

Place 1 cup frozen wild blueberries, 1/2 cup plain fat-free yogurt, 1/3 cup fat-free soy milk, and 2 teaspoons honey in a blender; process until smooth. ➤



Three-Apple Chicken Salad

FRIDAY

BREAKFAST

- 1 cup cooked oatmeal
- 2 tablespoons chopped walnuts
- 1 tablespoon honey
- 1 cup 1% low-fat milk
- 5 bite-sized pitted prunes

LUNCH

- Turkey Sandwich: 3 ounces sliced lower-salt turkey breast on 2 (1-ounce) slices whole wheat bread with 1 tablespoon light mayonnaise; sliced tomatoes and lettuce
- ¼ cup dried sweet cherries
- Celery and carrot sticks

MID-AFTERNOON SNACK

- 1 large Gala apple, cut into wedges
- 1 tablespoon peanut butter

DINNER

- * Pecan-Crusted Snapper (right)
- * Mashed Potatoes With Sautéed Leeks (recipe on page 192)
- 1 cup steamed green beans
- * Berries with Red Wine Sauce (recipe on page 192)

TOTAL: 1,893 calories; 34% fat

PECAN-CRUSTED SNAPPER

Total Antioxidant Capacity: 1,274

Prep: 20 minutes Cook: 12 minutes

Pecans deliver more antioxidants than most nuts (and even many fruits, too). Tilapia, mahimahi, or another mild white fish can sub for the snapper.

- 2 (1-ounce) slices whole wheat bread, torn into small pieces
- ½ cup pecans
- 1 tablespoon chopped fresh parsley
- ½ teaspoon salt, divided
- 3 tablespoons all-purpose flour
- 1 teaspoon paprika
- ½ teaspoon garlic powder
- 1 egg yolk
- ⅓ cup 1% low-fat milk
- 4 (5-ounce) skinless snapper fillets
- ¼ teaspoon freshly ground black pepper
- 1 tablespoon canola oil, divided

1. Place bread and pecans in a food processor; pulse until finely ground. Transfer breadcrumb mixture to a small bowl; stir in parsley and ¼ teaspoon salt; set aside.

2. Combine flour, paprika, and garlic powder in a small bowl; set aside.

3. Combine egg yolk and milk in a small bowl; stir with a whisk.

4. Sprinkle both sides of each fillet with remaining ¼ teaspoon salt and pepper. Dredge one fillet in flour mixture, then dip it into the egg-milk mixture, shaking to remove any excess. Next, dredge fillet in pecan mixture, turning to lightly coat on both sides. Repeat procedure with remaining fish.

5. Heat 1½ teaspoons oil in a medium nonstick skillet over medium heat. Add 2 fillets; cook 3 minutes, then turn and cook 3 minutes or until fish flakes easily when tested with a fork. Repeat procedure with remaining oil and fish. Yield: 4 servings (serving size: 1 fillet).

Calories 340 (45% from fat); Fat 17g (sat 2g, mono 9g, poly 5g); Cholesterol 102mg; Protein 32g; Carbohydrate 15g; Sugars 2g; Fiber 2g; Iron 2mg; Sodium 298mg; Calcium 104mg ▶



Pecan-Crusted Snapper

PHOTO: LEIGH BEISCH, FOOD STYLING: DAN BECKER, PROP STYLING: SARA SLAVIN

MASHED POTATOES WITH SAUTÉED LEEKS

(from Friday menu, page 190)

Total Antioxidant Capacity: 2,464

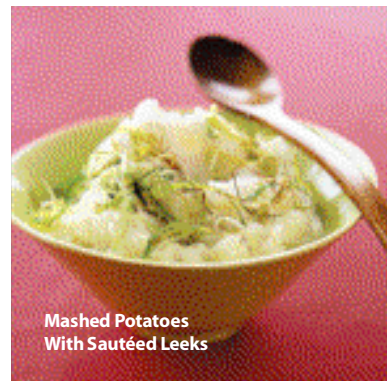
Prep: 25 minutes Cook: 25 minutes

Russet potatoes have about double the antioxidants of plain white and red potatoes. They're also one of the most versatile varieties of potato since they lend themselves to baking, mashing, or boiling.

- 1 small leek, trimmed and cut in 2 horizontal pieces

- 1 tablespoon olive oil
- 5 cups finely chopped peeled Russet potato (about 2 pounds)
- 1/2 cup low-fat buttermilk (1%)
- 1/4 cup Neufchâtel cheese
- 1 1/2 tablespoons butter
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

1. Cut leek sections lengthwise into matchstick-size pieces.
2. Heat olive oil in a large non-stick skillet over medium heat; add



Mashed Potatoes
With Sautéed Leeks

leek, and cook 5 minutes or until softened. Increase heat to medium-high, and sauté 1 minute or until lightly browned, stirring frequently. Remove from heat, and set aside.

3. Place chopped potato in a large saucepan and cover with water; bring to a boil. Cover saucepan, reduce heat, and simmer 12 minutes or until tender. Drain, and return potato to pot. Add buttermilk, Neufchâtel, butter, salt, and freshly ground black pepper; mash with a potato masher until smooth.

4. To serve, place potato mixture in a large serving dish; top with sautéed leeks. Serve immediately. Yield: 6 servings (serving size: 3/4 cup).

Calories 203 (31% from fat); Fat 7g (sat 3g, mono 2g, poly 0g); Cholesterol 13mg; Protein 5g; Carbohydrate 31g; Sugars 3g; Fiber 2g; Iron 2mg; Sodium 176mg; Calcium 67mg

BERRIES WITH RED WINE SAUCE

super
simple

Here's an elegant way to enjoy three of our favorite berries: Combine 1 cup dry red wine (like an inexpensive Cabernet Sauvignon) or balsamic vinegar, 1 tablespoon sugar, 1/16 teaspoon cinnamon, and 1/16 teaspoon cloves (if you don't have a 1/16 measure, a small pinch will do) in a medium saucepan over medium-high heat; bring to a boil. Reduce heat, and simmer 12 minutes or until reduced by about three-fourths. Chill. Drizzle sauce over 1 cup of mixed fresh sliced strawberries, raspberries, and blueberries placed in a martini glass. ➤



Shrimp-Artichoke Salad
(recipe on page 194)

PHOTOS: LEIGH BEISCH, FOOD STYLING: DAN BECKER, PROP STYLING: SARA SLAVIN

SHRIMP-ARTICHOKE

(from Monday menu, page 149)

Total Antioxidant Capacity: 5,928

Prep: 10 minutes (plus 30 minutes for chilling)

We loaded up on antioxidant-rich artichoke hearts in this healthy salad. They contain lots of fiber to boot.

- 2½ tablespoons light mayonnaise
- 1 teaspoon lemon juice
- ½ pound medium shrimp, cooked, peeled, and deveined
- 1 (14-ounce) can artichoke hearts, drained and coarsely chopped
- 2 tablespoons minced red onion
- 2 tablespoons finely chopped parsley
- ¼ teaspoon freshly ground black pepper

1. Combine mayonnaise and lemon juice in a medium bowl, and stir well. Add shrimp and remaining ingredients; toss gently to coat. Cover and

chill at least 30 minutes. Yield: 2 servings (about 1½ cups).

Calories 227 (31% from fat); Fat 7g (sat 1g, mono 0g, poly 1g); Cholesterol 228mg; Protein 27g; Carbohydrate 11g; Sugars 1g; Fiber 0g; Iron 5mg; Sodium 601mg; Calcium 54mg

RED BEAN AND POBLANO CHILI

(from Tuesday menu, page 150)

Total Antioxidant Capacity: 4,498

Prep: 25 minutes Cook: 6 hours

Small red beans topped the antioxidant list. If you want to make this chili on the stove instead of in a slow cooker, heat the oil in a Dutch oven and cook the onions, garlic, and spices together first. Add the remaining ingredients and simmer until vegetables are tender.

- 1 poblano pepper, seeded and cut into thirds lengthwise
- 2 teaspoons chili powder

- 1 teaspoon ground cumin
- 2 teaspoons dried oregano

½ teaspoon salt

3 garlic cloves, minced

1 (14.5-ounce) can diced tomatoes, undrained

1 cup vegetable broth

1 (15-ounce) can small red beans, rinsed and drained

1 large chopped yellow or orange bell pepper

1 large vertically sliced red onion

⅓ cup minced fresh cilantro

2 tablespoons tomato paste

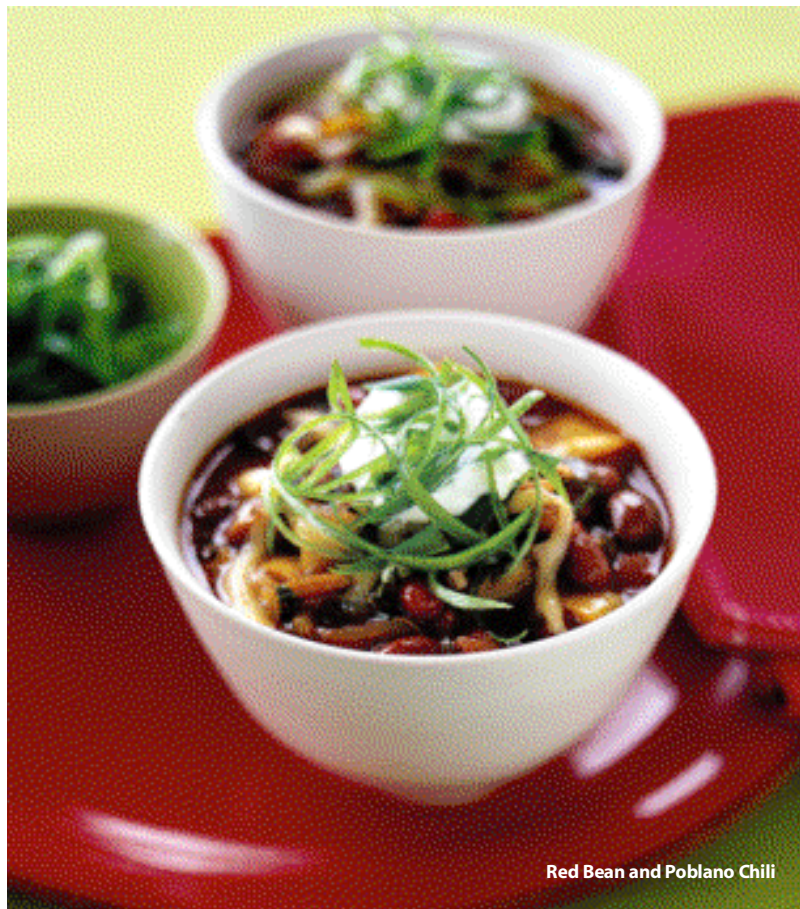
¾ cup thinly sliced green onions, divided

6 tablespoons reduced-fat sour cream

¾ cup (3 ounces) shredded pepper Jack cheese

1. Preheat broiler.

2. Flatten poblano pepper with hands. Place on a foil-lined baking sheet;



Red Bean and Poblano Chili

broil 4–6 inches from heat 4 minutes or until blackened and charred. Place in a zip-top heavy-duty plastic bag; seal. Let stand 15 minutes to allow skins to loosen. Peel and discard skins. Coarsely chop poblano pepper.

3. Place poblano pepper and next 10 ingredients (through red onion) in an electric slow cooker. Cover and cook on LOW 6 hours or until vegetables are tender. Uncover, and stir in cilantro, tomato paste, and half of green onions.

4. To serve, spoon chili into six serving bowls; top each serving with 1 tablespoon sour cream, 1 tablespoon green onions, and 2 tablespoons cheese. Serve immediately. Yield: 6 servings (serving size: about 1 cup).

Calories 197 (36% from fat); Fat 8g (sat 4g, mono 3g, poly 1g); Cholesterol 16mg; Protein 9g; Carbohydrate 24g; Sugars 6g; Fiber 7g; Iron 3mg; Sodium 869mg; Calcium 190mg 